



# The Insider

A Monthly Look Inside Aravilla Sarasota

## September Fun!

### Lunch Bunch

Week 1 Chinese  
Week 2 Fire House  
Week 3 Culvers  
Week 4 Demetrios

### Grandparents & Donuts

August 7th  
10 am

### Forget Me Not Ministry

Tuesdays  
11 am  
Atrium

### Resident Birthday Party

September 23rd  
2 pm

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Assisted Living Facility #12551

## Farmer's Market



We love visiting our local marketplace for fresh fruit, but it's not always easy for us to make the trip. To bring that same joy and freshness closer to home, we decided to bring the market to Aravilla!

The Farmer's Market Cart rolled through our hallways, decorated with bright, colorful signs that looked just like the ones you see at real farmers' markets. The festive setup created excitement before the first piece of fruit was even handed out. Diana and Kristen worked hard to fill the cart with all of our favorite

fruits. Crisp apples, oranges, berries, cantaloupe, watermelon, and perfectly yellow bananas all made an appearance.

The cart truly had "a little bit of everything". As the cart stopped along the way, residents gathered with smiles, eager to pick out their favorites. Conversations sparked as friends compared choices—"I'll take the berries," "I want a banana," "Save me a slice of watermelon!"

The lively energy felt just like a real market day. The fruit was such a hit that many came back for seconds—and some couldn't resist grabbing a third helping! Beyond the delicious taste, the Farmer's Market Cart brought a sense of fun, community, and nostalgia for those who remember strolling through neighborhood markets in years past. It was a simple idea, but one that left everyone refreshed, connected, and looking forward to the next time the market comes rolling through Aravilla's hallways.



# Staying Active at Aravilla

We all know exercise is good for us, but did you know it's one of the best ways to stay healthy and independent as you age? Studies show that regular physical activity can improve strength, balance, and mood—even for older adults who are frail or living with health conditions. Exercise doesn't have to be intense to make a difference.

Moderate activity can:

- Boost energy and reduce stress
- Support memory, focus, and overall brain health
- Help you stay strong enough to keep enjoying the activities you love
- Lift your spirits and reduce feelings of depression

At Aravilla, we make staying active both fun and social! That's why we invite you to join our daily exercise class at 10:00 a.m. in the Atrium.

Our classes are designed for all abilities, with gentle movements that leave you feeling energized, not exhausted. It's more than just a workout—it's a chance to laugh, connect, and start the day feeling great. Come see for yourself why exercise is one of the best “medicines” out there!



*Maria stretches during her morning exercise class.*

## Family Support Group

Hello Aravilla friends and family. We would like to thank those who attended last month's support group and invite all of you to this month's support group. It will be held Wednesday, September 17th from 4:30-6:00pm in the Memory care conference room. Our Resident Engagement Director, Diana Jimenez, will be our special guest. Her presentation will be on “Signs & Symptoms of Alzheimer's”. Diana is a senior staff member at Aravilla. She has been with us for 10 years and has over 15 years of Dementia Care experience.

We have limited seating so please register at the Concierge Desk or call 941.444.9398 to reserve your spot. Light refreshments will be served. You don't want to miss this opportunity.



Have you visited our website yet? Learn more about all our Aravilla communities, find upcoming public events and support groups, as well as our monthly resident activities calendar. You will also find local and national resources, and be sure to browse the photo galleries and videos of all the fun we have here at Aravilla Sarasota!

